

## BRACES

### What to expect & how to manage:

Be aware that sometimes excess glue can be left behind, and can flake off itself.

Some very hard foods can cause attachments to come off, however these can be replaced at your next visit.

Pressure from teeth movement:

- may require regular pain relief
- continue to eat well - try to have softer foods/smoothies due to initial increased pressure
- increased wear, generally decreases pressure as teeth move quicker into place

Abrasions/Ulcers from aligners/brackets/wires:

- Salt water mouth rinses: helps with healing and toughens skin to help withstand rough area
- Wax: covers area so that it is less rough/pointy
- Numbing gel: provides temporary relief
- Edges of aligners can sometimes be rough, this can be filed down with a regular nail file

The initial part is always the hardest, and that it gets easier. Attachments generally smooth off with the insertion/removal of aligners and become more comfortable



Ulcer - relieve with gel & salt water



Wax placed on area that is rubbing

### Cleaning with Braces

Ensure 2 x daily brushing, and ideally 1 x daily flossing/interdental cleaning

- Rinse mouth thoroughly prior to brushing to help dislodge loose food debris
- Angle toothbrush towards gumline, brush in small circular motions gently massaging the gums
- Clean under the brackets and the chewing surfaces of teeth
- Clean brackets with toothbrush and then interdental brushes to help clear food debris
- To floss, thread floss under wire and teeth and gently floss on each side of triangle of gum i.e. cleaning **two** teeth surfaces per gap.



## Demineralisation

Demineralisation can occur with poor oral hygiene and a high-sugar diet, especially with braces. Teeth will appear to have white marks i.e. demineralisation which is a result of plaque being left on the teeth and leeching the minerals from the tooth surface. These marks can develop into decay.

If we think that there is a risk that this might occur, we may have to pause/cease treatment.



## Foods to avoid for braces:

Sticky, chewy & hard foods: can cause brackets to debond i.e. increases treatment time and no. of appts.

Examples of food to avoid include, ice, corn chips, nuts, hard tacos, hard bread, etc.

